

5 DAY SUGAR BUSTER GROUP

with

NEW SUGAR BUSTER Support materials and **GUIDEBOOK**

Includes 5 Day Sugar Cleanse Kit and Phone Coaching

Monday(DATE HERE) - **Friday**(DATE HERE)

Limited to 15 people

Carb cravings are exasperating. Are you ready to curb the cravings now?

Beginning (DATE), I will be coaching and supporting 15 people on the 5-day cleanse. Do you want to rev up your metabolism and get rid of carb cravings?

Join the **SUGAR BUSTER GROUP** to help you get off the sugar roller coaster and understand these crazy carbohydrate cravings. This will be a telephone support group where we deepen our learning and skills in the low glycemic lifestyle.

HOW TO JOIN

Email me at _____

Put "**SUGAR BUSTER**" as the subject and **put your phone number so I can call you to discuss the group.**

Benefits

Reduce sugar cravings so you crave healthy food

Learn portion control

Learn a low glycemic lifestyle

Receive personal coaching

Receive ongoing support for your lifestyle changes

Average weight loss in the 5 days is 4- 5 pounds

Sleep like a baby while your body detoxes

I order your 5 Day Jumpstart Kit and I send you all your handouts and materials so you are ready to begin. The JUMPSTART KIT has all your meals and snacks and supplements for the 5 days.